

HYPOGLYCEMIA

(Low Blood Glucose)

Causes: Too little food, too much insulin or diabetes medicine, or extra activity.

Onset: Sudden, may progress to insulin shock.

SYMPTOMS



SHAKING



**FAST
HEARTBEAT**



SWEATING



DIZZINESS



ANXIOUS



HUNGER



**IMPAIRED
VISION**



**WEAKNESS
FATIGUE**

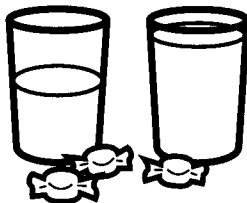


HEADACHE

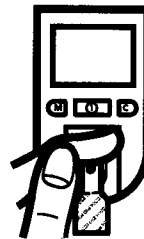


IRRITABLE

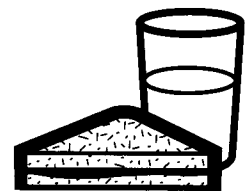
**WHAT
CAN
YOU
DO?**



Drink 1/2 glass of juice or regular soft drink, or 1 glass of milk, or eat some soft candies (not chocolate).



Within 20 minutes after treatment **TEST BLOOD GLUCOSE.** If symptoms don't stop, call your doctor



Then, eat a light snack (1/2 peanut butter or meat sandwich and 1/2 glass of milk).

Treatment may vary with different medications.